



# The Inside Scoop

## Whole Grains

Tuesday, Sept. 16, 6:30-7:30 p.m.

and

Tuesday, Sept. 23, 6:30-7:30 p.m.

Diets rich in whole grain foods are a key component of a healthy diet to reduce the risk for heart disease, cancer, obesity and diabetes.

Week 1: Introduction to a variety of whole grain products and their health and nutrition benefits

Week 2: Cooking demonstration and the opportunity to taste some of the foods included in the take home recipe booklet

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### **The Inside Scoop: Education & Ice Cream**

3<sup>rd</sup> Tuesday evening of each month

#### **Urbana Senior Center**

**9020 Amelung Street, Frederick, MD 21704**

(located on the lower level of the Urbana Regional Library)

301-600-7020

UrbanaSeniorCenter@FrederickCountyMD.gov

[www.FrederickCountyMD.gov/aging](http://www.FrederickCountyMD.gov/aging)

FREDERICK COUNTY  
Department  
of Aging